

# BICEPS CURL

RS-1102



## FEATURES

- Cable-Driven™ exercise movement automatically adjusts to accommodate varying arm lengths and shoulder widths
- Swiveling pulleys provide pronated, neutral or supinated grip positions
- Starts the body in an upright posture to improve arm extension for biceps recruitment, then rocks rearward during the exercise to reduce shoulder and back involvement
- Rocking motion mimics the natural movement of a standing barbell/dumbbell curl without involving the lower back

## SPECS

- Product Dimensions L x W x H:  
64.50" (164 cm) x 59.00" (150 cm) x 58.00" (148 cm)
- Product Weight: 631 lbs (286 kg)
- Weight Stack: 345 lbs (157 kg)